



# Pediatric Diabetes

## It's Back to School Time!!!!

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Going back to school and shopping for school supplies can be lots of fun. Remember to think about your diabetes. What have you done to prepare yourself for going to school? Who will help you manage your diabetes at school? Have your parents met with your teachers and school officials about your diabetes?

## School and Managing Your Diabetes

Getting ready for school is busy enough, but for someone with diabetes there are other things to think about. Will I be able to play sports, go on field trips or go to school parties? What about blood sugar meters, insulin, what to take to school for diabetes control and where to keep them? What if my blood sugar is too low or too high, will I be allowed to check my blood sugar or take my insulin and snack? Who will be there to help me? That's why preparing for school is so important. There are many things to think about and talk to your teacher about. You may be surprised to find out that you may not be the only one in your school

with diabetes. Preparing for school means developing your **Diabetes Medical Management Plan** and a **Quick Reference Emergency Plan** to help you, your parent/guardian and school staff help you manage your diabetes.

If your child needs help managing his/her diabetes, it is very important to make sure you and your child have a plan in place.



### Sugar Free Tips on Storing Insulin or Supplies:

#### Refrigerate or Room Temperature:

- Insulin Pens & Cartridges

#### Room Temperature:

- Byetta

#### Do NOT Refrigerate:

- Glucagon
- Blood Glucose Test Strips
- Insulin Pens with Batteries

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## Smart Plans

One-third of your waking hours are spent in school. That is why it is so important to be ready for any medical problems that may happen while you are at school. To help your principal, school nurse, teacher and coach learn about what's going on with you, you and your parent/guardian can put together a packet of information for them. Having a **Diabetes Medical Management Plan** and a **Quick Reference Emergency Plan** will help you and the school staff (nurse, teachers and coaches) be ready to help you when you



need it. Your **Diabetes Medical Management Plan** is a short story about you and how you take care of your diabetes. It tells what type of diabetes you have, medicines you take, diet and snacks and when you should check your blood sugar. It also tells how to treat high blood sugar and low blood sugar and what supplies to keep at school. Emergency

contact numbers of parents/guardians and your healthcare provider should also be included in the plan. You, your parent/guardian and school staff should meet



to complete this plan. The plan will be kept in the school office.

The **Quick Reference Emergency Plan** is just what it sounds like. It is a snapshot of causes, signs and treatments of high and low blood sugar. You should keep this in your pocket or your backpack. It is a tool on how to take care of you when you have symptoms of high or low blood sugar levels. It lists your name and who to call in school and at home. This guide also lists the causes and symptoms of hypo and hyperglycemia and list the ones you usually have. It tells how to treat mild, moderate and severe symptoms. Put this plan in your diabetes

care kit. School staff will give it to someone who can help you when you need it. If you have not filled out a plan like this, talk to your parent/guardian, your healthcare provider and school staff to help you fill them out. If you do not have these kinds of plans, both are in a booklet called "Helping the Student with Diabetes Succeed: A Guide for School Personnel." You can get a **free** copy of this book by calling the National Diabetes Education Program at 1 (800) 860-8747. If you have a computer, you can download the book from their website at [www.ndep.nih.gov](http://www.ndep.nih.gov). Make sure to get your parents/guardians permission. Tell your school about these plans, they may also want a free booklet. Remember, these plans should be looked at during the school year. Go over the plans at parent/teacher conferences and when changes need to be made to the treatment plan.



## Things You Need to Do

Try to plan ahead. Some things you can do to get your school year off to a good start and throughout the year:

- Give a diabetic kit to school staff. It should contain a glucometer, test strips, gloves, alcohol swabs, glucagon, your Quick Reference Emergency Plan and a note from your healthcare provider on how to administer your medicines if needed.
- Make sure you have all the supplies you need. Keep your supplies in the container they come in. Try to get a glucometer for both school and home.
- Plan ahead for school parties and field trips, sports and other activities. Think about what food or drink (fast food, snacks, water) you should take or buy.
- Teach friends and school staff about diabetes. Write a paper or do a "show and tell."
- **Always wear a medical ID** to make sure you get the right treatment in case you need medical help. There are all types of cool ID necklaces and bracelets, including sporty ones. To request a free ID necklace go to [www.diabeteswellness.net](http://www.diabeteswellness.net) or send a self-addressed, stamped envelope to: Free Diabetes Necklace, Diabetes Research and Wellness Foundation™, P.O. box 96046, Washington, DC 20090-6046.
- Never be without some kind of sugar to get your glucose level back where it belongs and never go off by yourself when you think your blood sugar is low. Tell someone if you are not feeling well.

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## Know Your Rights

There are laws that say people with diabetes can go to school, play sports, join a club and do everything that other kids without diabetes can do. Your school needs to make sure you are medically safe at school. The law says that people with diabetes have the **right** to be a part of **all** school activities.

Sometimes people don't know about these laws. They don't even know when they are treating you unfairly. Tell your parent/guardian if these things happen to you:

- Not allowed to go on field trips unless your parent comes too.
- Not allowed to play sports because you have diabetes.
- Being punished for being absent from school because of diabetes.
- Not allowed to eat snacks in class or on the bus.



You and your parent/guardian can get more information about laws and your rights by calling The American Diabetes Association at 1 (800) 342-2383. Ask for a free copy of the "Education Discrimination Packet." Make sure you get permission from your parent/guardian before calling.

Remember that managing your diabetes means you must take care of yourself, learn as much as you can about diabetes and teach others about diabetes.

Cabinet for Health and Family Services  
 KyHealth Choices  
 Medical Management and Quality Assurance  
 275 E. Main Street, 6C-C  
 Frankfort, Kentucky 40621

<http://chfs.ky.gov/dms/hi/default.htm>



## Lunch Box Menu

We hope you will take part in this program. If you choose not to take part in the program please call 1 (888) 564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

Use the list below to make a different lunch everyday.

- Cut up small pieces of leftover grilled chicken breast, cubes of low-fat cheese, baby carrots, crackers, seedless grapes and low-fat milk for a complete meal.
- Spread a wheat tortilla with reduced-fat mayonnaise and cover the mayonnaise with deli-bought sliced turkey, sliced low-fat cheese and a leaf of romaine lettuce. Roll up tightly and cut in half. Include a fresh piece of fruit and low-fat milk.
- Put soup or chili in a wide mouth thermos (don't forget a plastic spoon), fresh fruit or cubes of mixed fresh fruit, vegetable sticks with a low-fat dip and low-fat milk.
- Spread peanut butter and low-sugar jelly on graham crackers (try sprinkling on granola or raisins).
- Wrap thin slices of lean deli roast beef around short bread sticks.